





# Aging Unit of Iron County

## December 2016



### MENU HAPPENINGS

Hurley 561-2108 M -F		Iron Belt 561-2108 Thursday		Mercer 476-2113 or 1-800-950-8744 Tues. to Thurs.		Saxon 893-2333 Mon to Wed		Springstead - Wed 476-2113 or 1-800-950-8744		
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.				
<b>PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE</b>	This menu has been approved by Anna Mooi Registered Dietician.  Bread And Milk Included			1  Pasty Pie Vegetable Fruit / Salad	2  Sweet & Sour Pork Vegetable Fruit / Salad	3  Items may be changed without notice. All substituted items meet or exceed USDA standards for your RDA.				
	4	5  BBQ Pork Ribs Oven Roasted Red Potatoes Vegetable Fruit / Salad	6  <b>Chef's Choice</b> Tater Tot Casserole Vegetable Fruit / Salad  Card Games	7  Bruschetta Chicken Garlic Spaghetti Vegetable Fruit / Salad  Bingo Games	8  Meat Loaf Mashed Potatoes Vegetable Fruit / Salad	9  Poor Mans Lobster Wild Rice Vegetable Fruit / Salad	10			
	11	12  Chop Suey Rice Vegetable Fruit / Salad	13  <b>Christmas Party</b> Cornish Hens Twice Baked Potatoes Key Largo Vegetables Fruit Salad Pistacchio Dessert  Card Games	14  Roast Beef Mashed Potatoes Vegetable Fruit / Salad  Bingo Games	15  Lemon Chicken Pasta Vegetable Fruit / Salad	16  Chili, Vegetable Fruit / Salad	17			
	18	19  Lasagna Vegetable Fruit / Salad	20  Cabbage Rolls Parsley Potatoes Vegetable Fruit / Salad  Card Games	21  Ham Scalloped Potatoes Vegetable Fruit / Salad  Bingo Games	22  Sloppy Joes Wedge Fries Vegetable Fruit / Salad	23  <b>CLOSED</b>	24			
25  <b>Merry Christmas</b>	26  <b>CLOSED</b>	27  Beef Wellington Twice Baked Potatoes Vegetable Fruit / Salad  Card Games	28  Oven Roasted Herb Chicken Fettuccini Alfredo Vegetable Fruit / Salad  Bingo Games	29  Pizza Fruit / Salad Dessert	30  <b>CLOSED</b> 	31  <b>Happy New Years!!!</b> 